

Child Care Health Consultation Lesson Plan

Contractor Name: Polk County Health Center

Date Submitted: November 16, 2015

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety

Select one standard and one level

Health and Safety Standards

- ☐ Promoting Risk Management Practices
☐ Protecting Children and Youth
☐ Promoting Physical Health
☒ Promoting Mental Health
☐ Promoting Healthy Eating

Training Levels

☒ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Source:

Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011

Title: Depression and Anxiety in Preschoolers- What Child Care Providers Need to Know

Training Goal: Child Care Providers will identify behaviors associated with depression and anxiety in the preschool population.

Learning Objective(s): Participants will

1. identify behaviors that are symptoms of depression in preschoolers
2. identify behaviors that are symptoms of anxiety in preschoolers
3. describe strategies to support healthy coping for preschoolers experiencing symptoms of depression and/or anxiety.

Topical Outline of Content	Training Method(s)	Time
I. Introduction	Lecture	4 minutes
II. Mental Health/ Mental Illness (brain disorders)	Discussion/Power-Point Presentation	7 minutes
III. Anxiety <ol style="list-style-type: none"> a) Behaviors b) Interventions 	Discussion/Power-Point Presentation	15 minutes
IV. Depression <ol style="list-style-type: none"> a) Behaviors b) interventions 	Discussion/Power-Point Presentation	15 minutes
V. Case Studies	Discussion/Group work	15 minutes
VI. Local Resources (Handout)/Conclusion	Discussion	4 minutes
Total time: 1 hour		

Method(s) of Outcome Evaluation: Responses to case studies/Discussion

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Date Approved:
November 20, 2015

Authorized Approval Signature:
Nola Martz, CCHC Program Manager

Date Expires:
November 2018